

SESSION 6 AT-A-GLANCE

Facilitator-trainees will conduct the following activities:

Exercise 1: Introductions

Exercise 2: What Are My Sexual Values?

- A. Conduct Chris and Maria role-play (6-A).
- B. Distribute “My Sexual Values” form (6-B) and instruct participants to fill it out.

Exercise 3: What to Do When the Pressure is On

- A. Review “Ways of Coping” using the poster.
- B. Conduct the Art and George role-play (6-C).
- C. Conduct a SMART activity, using the Art’s dilemma from the earlier role-play as the problem the group needs to help solve. Use the Problem Analysis Form to facilitate this activity.

Exercise 4: How to Communicate with Confidence

- A. Explain how to communicate using “I Statements.”
- B. Demonstrate an “I Statement,” pass out the “Confident Communication Feedback Form,” (6-E) and explain how it will be used.
- C. Have each participant practice an “I Statement” using the cards and have the rest of the group observe and provide feedback using the “Confident Communication Feedback Form” (6-E).
- D. Pass out “I Statement” wallet cards.

Exercise 5: How Safe is My Partner

- A. Facilitate brainstorming of questions to ask a potential partner to find out if they are safe and write group members’ suggestions on newsprint.
- B. Conduct an unscripted role play using the questions the group members just came up with.

General Tips:

- You do not have to follow the script in the curriculum word for word. Put it in your own words.
- Make sure you understand the goals and objectives of this session and how it fits into the Street Smart curriculum. Ask your trainers if you have any questions or need clarification.
- Make sure you understand the activity and objective of each exercise.
- Facilitators should divide the session between them, alternating between exercises (see below). Even when not leading an activity, the co-facilitator should be prepared to assist (distributing hand-outs, holding models, answering questions, etc.).
- Anticipate the transition process between activities. Prepare so that the switching between facilitators feels natural and is done smoothly.

Session-Specific Tips:

- The sexual values form is intended to encourage participants to consider their sexual values and to recognize how knowing their values can help them negotiate effectively (so that they can stand up for and act upon what they believe in). Avoid over-processing the activity, but be sure to remind the youth that values and behaviors don't always align.
- Facilitators often find it helpful to write the "I statement" structure on a newsprint so it is available for easy reference during the session.
- Make sure that a female plays a male and a male plays a female during the role play. This provides an opportunity for youth to be in another gender's "shoes" and dismiss gender stereotypes
- Don't use the role-play to "teach" certain sexual values. Be careful not to convey any judgments about any sexual values the youth might share. Avoid using language like "good" or "bad" values.

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Facilitator-trainee 1 should facilitate the following activities:

- Exercise 1
- Exercise 2
- Exercise 4

Facilitator-trainee 2 should facilitate the following activities:

- Exercise 3
- Exercise 5